

North West Edmonton Seniors Centre Insider News - December, 2022

12963 - 120 Street NW
Edmonton, Alberta
T5E 5N8



Ph: 780-451-1925
Fx: 780-452-7537
Monday to Friday
8:30 - 4:30



Where Friends Meet on 120th Street



Visit us on Facebook : <https://www.facebook.com/NWESSEvents> or our Website: www.nwess.ca

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NEWSLETTER

To receive our newsletter by e-mail, please inform the office. Our newsletter is available at many locations in North Edmonton. We welcome you to drop by and explore our schedule of programs & events and visit our cafeteria for lunch.



PLEASE REMEMBER to bring your own water bottle with you. Also remember your indoor shoes.

Supported By:



Family and Community
Support Services



IMPORTANT DATES

SEE INSIDE FOR MORE INFO

Friday, December 2nd

Birthday Party - 1:30

Sunday, December 4th

Pancake Breakfast - 10:00

Monday, December 5th

Creative Cards - 1:00

Tuesday, December 6th

Wellness Information Session - 9:45

Friday, December 9th

Christmas Dinner - 5:00

Saturday, December 10th

Saturday Afternoon Cribbage - 1:00

Sunday, December 11th

Pinty's Curling - 11:00

Monday, December 12th

Board Meeting - 9:30

Tuesday, December 13th

Foot Clinic - 9:00

EPL Armchair Travel - 9:45

Friday, December 16th

Cultural Pot Luck & Games Night - 5:30

Monday, December 19th

River Cree - 10:30

December 26th & 27th

Office Closed

December 30th

New Years Eve - Noon

BOARD MEMBERS

President	Dale Conrad
Vice President	Carrol Richert
Treasurer	Linda Frank
Secretary	Vina Locke
Trustee	Shelley Tupper
Trustee	Jim Danielson
Trustee	Ron Townsend
Trustee	Anne Worobec
Trustee	Sandy Bilawchuk

COMMITTEES

Building	Dale Conrad, Carrol Richert, Vina Locke, Shelley Tupper
Building Main	Al Hoffman
By-Law & Policy	Dale Conrad, Vina Locke, Jim Danielson, Sandy Bilawchuk
Corporate Funding	Vina Locke, Carrol Richert, Ron Townsend
Finance	Dale Conrad, Linda Frank, Ron Townsend
In-House Funding	Carrol Richert, Shelley Tupper
Kitchen	Carrol Richert
Nominating	Carrol Richert, Linda Frank, Vina Locke, Anne Worobec

STAFF

	Hours
Executive Director - Debbie Creaser	8:30 - 4:30
Admin Assistant - Patty Royea	8:00 - 4:00
Prog/Vol Coordinator - Tammy Beaton	8:30 - 4:30
Kitchen - Susan Kakeesim	9:00 - 3:00
Home Supports - Kathy Watters	8:30 - 4:30
Custodian - Rowel Alcantara	8:00 - 4:00

PROGRAM LIAISONS

Billiards/Pool	VACANT
Bingo	Delores Heck
Birthday Party	Ursula Webber
Bocce	Vicky & Mike Dolynny
Canasta	Liz Tarkowski
Creative Cards	Valerie Granoien
Cribbage	Florence Meronowich
Cribbage Eve	Ed Biedrava
Drama Club	Joyce Ruptash
Euchre	Linda Frank
Fit For Your Life	Ursula Webber
Floor Curling	Colleen Funk
	Bob Blackwood
Floor Shuffleboard	Vicky & Mike Dolynny
Fun & Fitness	Jean Dahle
Games Night	Linda Biedrava
Jam Session	Betty & Don Simpson
Jammers	Dave Chabillon
	Al McKort
Military Whist	Joyce Ruptash
Pancake Breakfast	Delores Heck & Jim Paris
	Judy & Dale Conrad
Pickleball	Sonia Barton
Quilting	May Brooks
Rag Bag Crafters	Linda Biedrava
Sat Aft Cribbage	Al Hoffman
Shuffleboard	Jim Paris
Televised Events	Florence Meronowich
Whist	Linda Biedrava
Wool Crafters	Gil Gagne
Yoga	

LIFE MEMBER GUIDELINES

Qualifications for a Lifetime Membership:

- Be an active member for 15 years or more
- Be 70 years of age or older
- Have contributed exceptional service to the North West Edmonton Seniors Society
- Be nominated by a fellow member. They must submit a letter of recommendation outlining the exceptional service they have given to the North West Edmonton Seniors Society.

**2 Life Memberships are selected yearly.
Nominations will be accepted on or before
January 31st each year.**

MEMBERSHIPS

The cost of a NWESS membership is
\$35.00 for the calendar year -
January 1st to December 31st, 2023

All persons under the age of 55 may join as
an associate member and does not have
voting rights.

Sign up today at the office!

President's Message

Happy Birthday to all having a birthday in December
Fall has come and gone and we now have the short days of winter upon us. With this comes the ice and snow that makes walking difficult and dangerous so please be careful and wear "Boot Grippers" whenever possible to prevent slips and falls. Falling among seniors is the most common and life altering event we experience. Please be extra careful.

Christmas events are in full motion now and we at NWESS are looking forward to seeing everyone attending our functions. Several events have their own small parties and the centre is hosting an event for everyone to attend. As we attend these special events, we must keep in mind those that have less than we do and are suffering horrendous events such as those in Ukraine and other places around the world. Please be generous, assist those more unfortunate to enjoy a small amount, at these trying times.

My wife, Judy and I, want to wish everyone a very Merry Christmas and a Happy New Year to all.

Dale Conrad
NWESS President



Executive Director's Message

Hello everyone,
Happy December and welcome to North West Edmonton Seniors.
Please enjoy reading your copy of our monthly Newsletter.

Due to the rising number of people with the flu and colds we ask that you please be considerate of others if you are not feeling well. Please stay away and come back when you're feeling better.

For a chance to win a free coffee & sweet, find Rudolph!

Our Monthly Newsletter has information and activities happening at the centre. For information, please contact the office @ 780-451-1925

From the staff - We wish you a Merry Christmas and a very Happy New Year.

*Until next month,
Debbie Creaser*

SAVE THE DATE



Friday, January 6th
Birthday Party - 1:30



Sunday, January 8th
Pancake Breakfast - 10:00



Monday, January 9th
Board Meeting - 9:30



Tuesday, January 10th
Foot Clinic - 9:00



Tuesday, January 10th
Wellness Info Session - 9:45



Saturday, January 14th
Afternoon Cribbage - 1:00



Sunday, January 15th
Pinty's Curling - Time TBD



Monday, January 16th
Creative Cards - 1:00



Friday, January 20th
Games Night/Pot Luck - 5:00



Monday, January 23rd
River Cree - 10:30



Friday, January 27th
Lunch & Show - Noon



Tuesday, January 31st
Wellness Info Session - 9:45

Supported By:



Family and Community
Support Services



NEWS



CODE OF CONDUCT

While attending the North West Edmonton Seniors Centre, the following will apply:

Everyone will be protective of the safety, well being, and goodwill of the members, visitors, staff and the Centre as a whole.

Everyone will refrain from participating in any action(s) that disrupts or disturbs the morale, efficiency, safety, or normal operations of the organization.

Everyone will conduct themselves in a respectful manner when dealing with staff, members, and visitors.

No verbal attacks will be tolerated.
Racial discrimination will not be tolerated.
No sexual harassment will be tolerated.
No physical attacks will be tolerated.

Anyone witnessing violations of the above code should write a letter of complaint with, when possible, two witnesses.

Submit your letter to the President or Executive Director.

A letter of warning will be issued to the offender on the first offense. Failing to change said behaviour following the letter of warning could result in a suspension or a retraction of membership.

Approved by the Board
October, 2015

DONATE-A-CHAIR

To be made in the name of Bob Blackwood,
My Buddy - My Best Friend.
Coleen Funk



Winners

- November 3 - Joyce Ruptash - \$59.00
- November 10 - Allen McCulloch - \$76.50
- November 17 - Palmira Baratta - \$70.00
- November 24 - Lynn Foster - \$70.00

Progressive Pot is now at \$2,785.50

Thank you for supporting our centre and good luck to everyone.

Draw Dates:

December 1, 8, 15 & 22.

November 16th Invitational Westlock - 2nd Place Winners



November 24th AFCA Tofield -

3rd Place Winner 4th Place Winners



November 26th Dapp - 2nd Place Winners



*****ATTENTION MEMBERS*****

We are looking for members to run for the Board of Directors & Trustees.

Please consider running for one of the these positions:

President, Treasurer and 3 Trustees

Our centre needs your help so we can continue to be a vibrant, fun and safe place for everyone to enjoy. To elect someone, fill out a ballot and drop it in the box in the cafeteria.

Thank You



MONTHLY FOOT CARE

TREAT YOURSELF!

Angie is here on

Tuesday, December 13th @ 9:00.

Call the office or sign up in the cafeteria to book your appointment. The cost is \$40.00 and please bring your own towel.

BOCCE



Bocce was played every Wednesday at the centre. Since the weather was excellent, we played well into October until the snow disrupted us. Thank you to all the players. We will see you all back when the snow melts in May, 2023.

Submitted by: Vicky & Mike Dolynny

Saturday Afternoon Crib

November 12, 2022

1st Place - Monika & JC Jette - \$50.00

2nd Place - Joyce Ruptash & Jim David

3rd Place - Bertha McLaughlin &
Orest Popowich

Door Prizes - Jim David, Lucy Cielen, Fred
Eichhorst & Linda Biedrava

19 Pot - \$21.25 - Florence Meronowich

Skunk Pot - \$4.50 - Lloyd White &
Jim Normey

50/50 - \$59.50 - Kathleen Bradley

Thank you for all the help and see you
again on December 10.

****Please note that starting January 14,
2023 we will be starting at 12:30 PM****

Submitted by: Linda Biedrava

NEW PROGRAM

TILE RUMMY

Come and join us on
DECEMBER 5th

We are introducing the game of Tile
Rummy to our regular programs
and would love for you to join us.

We will be playing on
Monday Mornings
10:00 to Noon.

Don't know how to play?
No problem. We will be glad to
show you.



NEW YEAR, NEW FITNESS SESSIONS

The next session for **YOGA** will start January
9th. Classes are every Monday from 9:00 to
10:30 AM. Comfortable clothing and a yoga
mat are required.

The next session for **FIT FOR YOUR LIFE**
starts January 4th. The classes are 9:30 to
10:30 AM every Wednesday and Friday with
the final class on February 24th. Please note
that some early starts may be required. These
classes incorporate cardio as well as light hand
weights, small fitness balls (both available at
the centre) and fitness bands or tubing. Please
wear comfortable clothing and indoor court
shoes. Exercises can be modified to
accommodate a range of fitness and mobility
levels. Bring a water bottle. Sign up sheets
can be found in the cafeteria at the information
table. Session costs will depend on the
number of participants. For more information,
call the office @ 780-451-1925..

UPCOMING EVENTS



HAPPY BIRTHDAY
TO YOU

Friday, December 2nd @ 1:30

Entertainment: St. Edmund's Christmas Concert

Marilee Barry	Dec 22	Irene Harris	Dec 14	Shirley Muir	Dec 3
Lorraine Beattie	Dec 29	Ken Heller	Dec 8	Josie Panas	Dec 29
Linda Biedrava	Dec 19	Bernice Herbert	Dec 8	Phyllis Perrin	Dec 5
Gail Bojkewich	Dec 1	Marilyn Huziek	Dec 4	Ron Quinn	Dec 12
Jean Brock	Dec 30	Don Koistinen	Dec 2	Henny Simonsen	Dec 6
Nadine Brow	Dec 18	Sharon Lee-Williams	Dec 2	Roger Skayman	Dec 8
Jim Burke	Dec 14	Ernest Lussier	Dec 28	Liz Tarkowski	Dec 29
Colleen Clark	Dec 21	Eleanor MacIntosh	Dec 28	Dave Triance	Dec 27
Gordon Conrad	Dec 8	LeRoy MacIntosh	Dec 25	Wendie Tucker	Dec 30
Marie Countryman	Dec 9	Debby Martin	Dec 16	Evelyn Waun	Dec 4
Tom Gargus	Dec 29	Tom McLaughlin	Dec 13	Emil Worobec	Dec 7
				Kenn Zahara	Dec 29

Cake Supplied by:

CHARTWELL GRIESBACH
4480 McCrae Avenue, Edmonton
587-557-7764 | chartwell.com

Thank You Chartwell! for
supplying the cakes this year.

EVERYONE
WELCOME

Pancake Breakfast



Sunday, December 4th - 10:00 to Noon
Pancakes. Scrambled Eggs. Sausage or Ham &
Beverages
\$8.00

Great Food. Great Friends and Great Times.
Strawberries & Whipped Cream supplied by
Judy & Dale Conrad

Creative Cards

Monday, December 5th - 1:00 to 3:00
\$8.00 Per Person - Includes Facility Fee

Please bring your own tape runner and cutters.

Please sign up in the cafeteria.



(Example Only)



Wellness Information Session
9:45 on Tuesday, December 6th

Canada



canada revenue
agency

The Disability Tax Credit (DTC) is a non-refundable tax credit that helps people with impairments, or their supporting family member, reduce the amount of income tax they may have to pay.

If you have a severe and prolonged impairment, you may apply for the credit. If you are approved, you may claim the credit at tax time.

By reducing the amount of income tax you may have to pay, the DTC aims to offset some of the extra costs related to the impairment.

Sandra will cover who is eligible, the application process and how the deduction works.

UPCOMING EVENTS

***Christmas Dinner
At Our Place
Friday, December 9th
Turkey Dinner and all the fixing.
Doors Open at 4:30
Dinner at 5:00
\$25.00***



Tickets must be purchased before December 2nd

Saturday Afternoon Cribbage

December 10th

Play Starts @ 1:00 pm

\$5.00 per Person

Bring your partner and join in on
the fun.



UPCOMING EVENTS

BIG SCREEN SPORTS



**GRAND SLAM
OF CURLING**

W.F.G. | WORLD
FINANCIAL
GROUP



MASTERS

Sunday, December 11th

Time - 11:00 AM
& 3:00 PM

\$5.00 per person

Potluck

Cash Bar with

Wine and Beer

50/50 Raffle

Good
Company
Lots of
Laughs
Tons of FUN

Enjoy watching curling with your friends.

Tuesday, December 13th

9:45 to 10:45

Armchair Travels on
Fiji



Enjoy a trip around the world here at the centre! Join library staff sharing about adventures in a new place – you will be delighted at all the wonderful things we will discover together.

Please sign up in the cafeteria or give us a call.

UPCOMING EVENTS

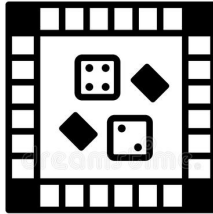
Cultural Pot Luck Supper & Games Night

Friday, December 16th - 5:30 pm

It's Game Night
Hang Out * Eat * Play

Everyone Welcome
Bring your ethnic dish if you wish.

\$2.00 with a dish
\$5.00 without a dish



RIVER CREE

Monday, December 19th

Enjoy the day visiting, eating and maybe a little gambling. You must purchase your tickets in advance.

\$9.00 per person and includes lunch and \$5.00 in free play.

Bus leaves the centre @ **10:30**

Please see the front desk to get your tickets. You must pre-register.
No refunds will be issued.

GIFT CERTIFICATE
JUST FOR YOU



Lost on what to get someone for their birthday or Christmas or any other special occasion? How about a NWESS Gift Certificate. We can customize to suite your request.

See Patty for more details.

UPCOMING EVENTS

New Years Wishes & Midnight Kisses

FRIDAY, DECEMBER 30, 2022

LUNCH & DANCE

\$25.00

Chinese Food

Cash Bar

Doors Open @ 11:30 am

Lunch @ 12:00 pm

& Dance with entertainment to follow by:

JAMMERS

Enjoy Dancing & Games



**A FAMILY RUN PHARMACY FOR
OVER 40 YEARS**

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FULL Service Pharmacy



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Sat & Sun: 9:00 am to 5:00 pm
13211 - 132 Street
Edmonton, Alberta
T5L 1R9
PH: 780.455.0555

Download the Dolar Drugs app from the App Store or Dolar Drugs from Google Play to easily refill prescriptions and much more.

If you have any questions for us, don't hesitate to call.

Paid Advertisement

UPCOMING EVENTS



Birthd^{ay} Party
Friday, January 6th
1:30
Entertainment:
To Be Determined



Sunday, January 8th - 10:00 to Noon
Pancakes. Scrambled Eggs.
Sausage or Ham & Beverages
\$8.00
Great Food. Great Friends and
Great Times. Everyone Welcome.

MONTHLY FOOT CARE



TREAT YOURSELF!

Angie is here on
Tuesday, January 10th @ 9:00.

Call the office or sign up in the cafeteria to book your appointment. The cost is \$40.00 and please bring your own towel.

Activity & Aging with Cathy Matthews

Tuesday, January 10th

We are all getting older and activity levels tend to drop off with age. Unfortunately, this reduced activity leads to a pattern of decreased fitness that has an overall negative impact on health and wellness. Taking even small steps to increase your activity level can reap significant rewards. Learn not only about the benefits of exercise but tips on how to increase your physical activity in small ways throughout the day. Move more to feel better and be healthier.



UPCOMING EVENTS

Saturday Afternoon Cribbage



January 14th

Play Starts @ 12:30 pm

\$5.00 per Person

Bring your partner and join in
on the fun.

BIG SCREEN SPORTS



Sunday,
January 15th
Time - 9:00 AM
& 1:00 PM
\$5.00 per person
Potluck
Cash Bar with
Wine and Beer

Enjoy watching curling with your
friends.

Creative Cards

Monday, January 16th
1:00

\$8.00 Per Person - Includes
Facility Fee

Please bring your own
tape runner and cutters.
Please sign up in the cafeteria.

(Example
Only)



Cultural Pot Luck Supper & Games Night Friday, January 20th

5:30 pm
\$2.00 with a dish
\$5.00 without a dish
Everyone Welcome
Bring your ethnic dish if you wish.

it's **game** night
Hang Out * Eat * Play

UPCOMING EVENTS



RIVER CREE

Monday, January 23rd

Enjoy the day visiting, eating and maybe a little gambling. You must purchase your tickets in advance.

\$9.00 per person and includes lunch and \$5.00 in free play.

Bus leaves the centre @ **10:30**

Please see the front desk to get your tickets. You must pre-register.
No refunds will be issued.



LUNCH & SHOW

January 27, 2023
Doors open @ 11:30
Lunch @ 12:00
Show @ 12:30
\$10.00
Purchase tickets before January 20.



Wellness Information Session
9:45 on Tuesday, January 31st

Andrea Wingrave was an engineer until her own health issues led her to the discovery of acupuncture. It was then that she realized her true passion – practicing alternative medicine and helping people improve the quality of their health and their lives. So Andrea went on to complete her diploma in Acupuncture and Traditional Chinese Medicine at MacEwan University in 2008. Since then, she has received additional training in obstetrical, scalp, and sports injury acupuncture. Her compassionate bed-side manner compliments her precise and personalized treatments.



OUR KITCHEN

is open from 9:30 to 3:00
Monday to Thursday
Stop in for some delicious home-made soup and a sandwich.

Lunch is served
from
11:30 to 1:30. The
staff will be glad to
serve you.

KATHY WATTERS- SENIORS HOME SUPPORTS COORDINATOR



North West Edmonton Seniors Society Seniors Home Supports Program

Provides referrals to screened businesses,
community groups and individuals
which offer:

SNOW REMOVAL
YARD HELP
MOVING HELP
HOUSEKEEPING
PERSONAL SERVICES
HOME REPAIR & MAINTENANCE



Contact Information:

Kathy Watters

12963 - 120 Street NW

780-482-1958

homesupports@telus.net

Hi Everyone,

Do you have your snow shoveller booked for the winter? Contact me and I can provide you with a list of screened service providers for any kind of service.

I'm the Home Supports Coordinator for the North West district and the postal areas I cover are: **T5E, T5G, T5H, T5J, T5K, T5L, T5X and T6V.**

For more information about the Home Supports Program or if you require referrals for any kind of service, call me on my direct line **780-482-1958** or email me at

homesupports@telus.net

I'm in the office Monday, Wednesday and Friday 8:30am to 4:30pm.

Check out the Seniors Home Supports website at www.seniorshomesupports.com for the phone number of the Coordinator in your postal area.

Referrals are available to anyone that's 55+ and you don't need to be a member of NWESS to receive referrals.

If you are currently using a service provider that would be a good fit for the Home Supports Program, please let me know.

Kathy

TAMMY BEATON - PROGRAM & VOLUNTEER COORDINATOR

Happy December everyone! We have a few exciting and informative presentations coming up this month. Sandra with Canada Revenue will be here to discuss the Disability Tax credit and the upcoming benefits for Seniors that Danielle Smith has implemented for 2023. Christy with EPL Armchair travel will be taking us on a journey to Fiji! Please come and sign up for both in the cafeteria, the more the merrier! We also have St Edmunds Choir performing at the Birthday party and the Drama club is performing at the Christmas dinner! Lots of things to do and see this month at NWESS. As we are approaching the end of 2022, I would like to thank you all for volunteering your time to help make the programs run successfully!

From my home to yours, Merry Christmas and a very Happy New Year!!!



Thank you for being a part of the North West Edmonton Seniors Society Family!



Think you know
RETIREMENT LIVING?

THINK AGAIN.

Support at Chartwell is more than care services; it's knowing you can count on us when you need us, and all the time in between. Our caring staff are committed to providing the peace of mind support you or your loved one need and deserve.

Call or visit us today!



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4480 McCrae Ave., Edmonton
587-557-7764 | Chartwell.com

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NOVEMBER PUZZLE ANSWERS

1	3	4	5	9	7	8	6	2
7	2	9	8	6	1	3	4	5
6	8	5	4	2	3	7	1	9
4	5	6	1	3	2	9	8	7
8	9	3	6	7	4	2	5	1
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8	7	6	1	2	4	5	3	9
4	3	5	9	7	8	6	2	1

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6	5	1	4	3	2	9	7	8
7	9	3	8	5	6	2	1	4

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3	1	6	8	5	2	9	4	7
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1	3	2	5	9	6	4	7	8
9	6	4	7	8	1	5	2	3
6	9	1	2	3	5	7	8	4
2	4	8	6	1	7	3	9	5
7	5	3	9	4	8	2	6	1

bamboozable #1 Answers

1. Standing Ovation
2. Tally ho
3. Blockhead
4. Shadow of doubt
5. We drove right by it
6. Tiptoe through the tulips

bamboozable #2 Answers

1. Words of wisdom
2. All dressed up and no place to go
3. Split two ways
4. High chair
5. Flat tire
6. Wake up, little Suzie

*****REMINDER*****

Vehicle Registration Renewals For January

Last Names Starting With
A(not Av), I, J, Ke, U, X.

PUZZLE - WORD SEARCH

CHRISTMAS GIFT IDEAS - Find and circle all of the words that are hidden in the grid.
The remaining letters spell a secret message.

R S O C K S C E F B T P B D E C G
 E H N H R O E R C E A R L M O U I
 T I S O O E A T S A A K U A M L L
 A R C K I C A L A C L F I E N A L
 E T I O S S O R E L R K E N M T H
 W E T E F O I L R E O F C I G E T
 S S N L T F E V P I F C N E R K M
 E E A E S T E A E O N A O B N S S
 L H D C N R O E C L D G A H H A J
 D T N T E I E Y M E E L S C C B E
 N O E R A M W P F A T T I O T T W
 A L P O K C O F P E K S M L A F E
 C C A N E A U V A I U E E O W I L
 A E N I R T K S I M L B R G N G R
 N M T C S F L O W E R S K N E E Y
 D A S S T R E E O R N A M E N T Y
 Y G I F T C A R D B N E C K T I E

BAKING
 BELT
 BOOK
 BRACELET
 CANDLES
 CANDY
 CHOCOLATES
 CLOTHES
 COFFEE MAKER
 COFFEE MUG
 COLOGNE

COOKIES
 DOLL
 EARRINGS
 ELECTRONICS
 FLOWERS
 GAME
 GIFT BASKET
 GIFT CARD
 HERBAL TEAS
 JEWELRY
 MONEY

MOVIE
 MUSIC
 NECKLACE
 NECKTIE
 PANTS
 PENDANT
 PERFUME
 PLANT
 SCARF
 SHIRT
 SLIPPERS

SNEAKERS
 SOCKS
 STUFFED ANIMAL
 SWEATER
 TELEVISION
 TOOL SET
 TOY
 TREE ORNAMENT
 WATCH
 WINE

PUZZLE - BAMBOOZABLES

Can you figure out the phrase/saying?

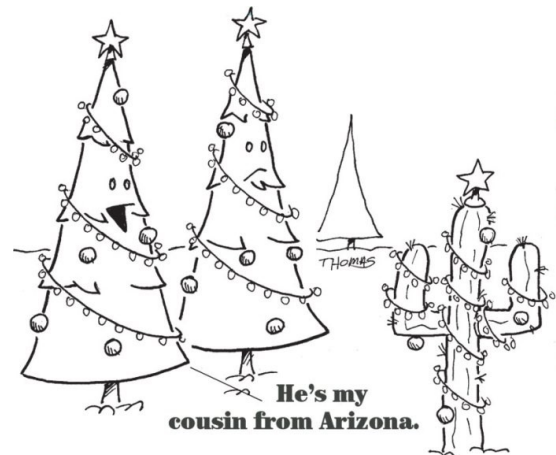
#1

<p>M E S S + M E S S + M E S S</p>	<p>paint276 paint514 paint693</p>	<p>ha rm on y</p>
<p>I poise V</p>	<p>WHIRL</p>	<p>te N rr net sight</p>

#2

<p>have have hold hold</p>	<p>obstacles obstacles COMING</p>	<p>HA^{play}RD get get</p>
<p>foot foot</p>	<p>INCCCGS</p>	<p>TRI AL</p>

LAUGHTER IS THE BEST MEDICINE



Why is Santa kind of scared of chimneys? Because he's so claus-trophobic.

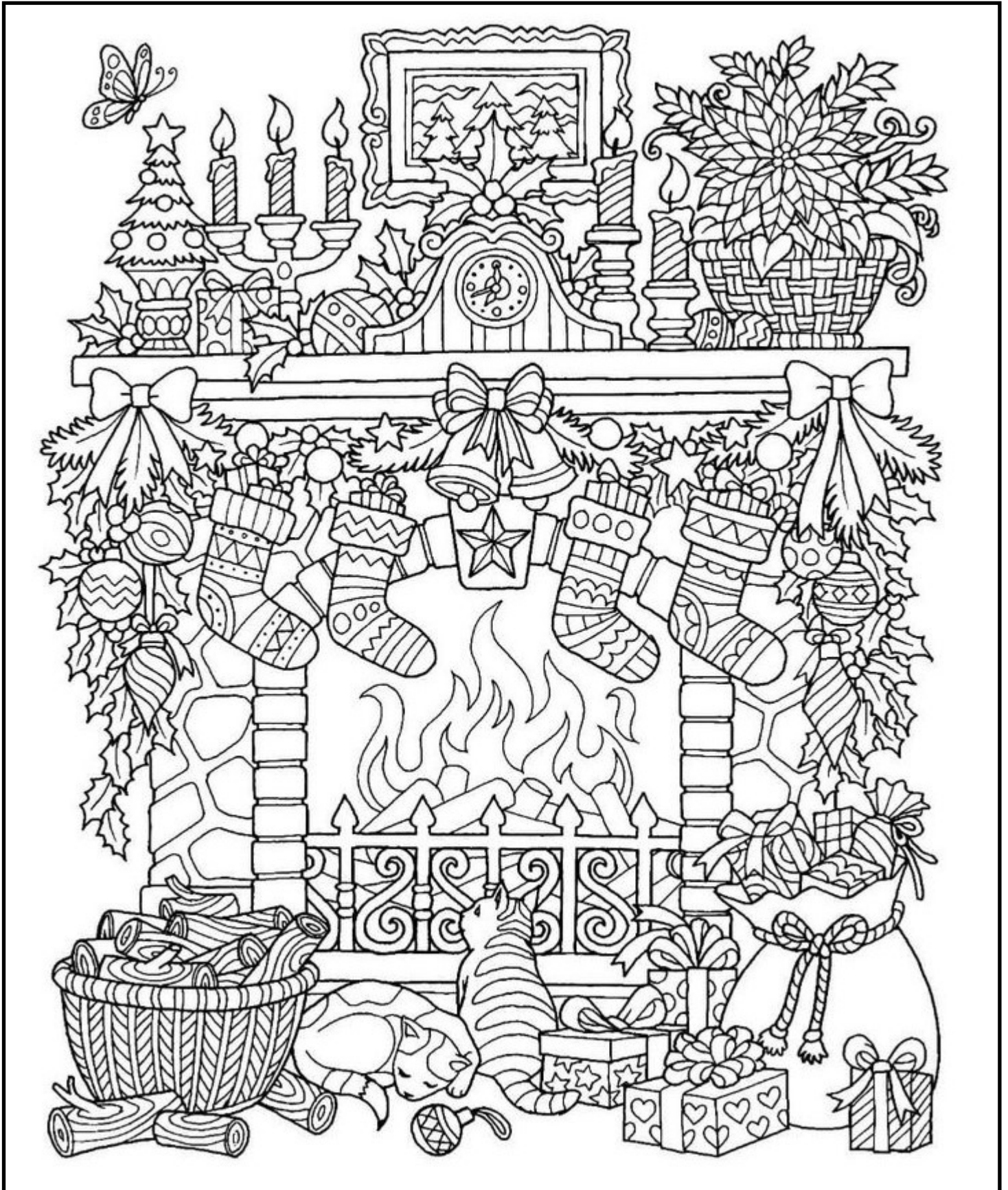
What do elves learn in school? The elfa-bet.

Why don't crabs celebrate Christmas? Because they're shell-fish.











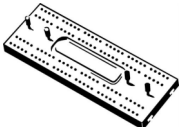


Why did the Grinch go to the liquor store? He was searching for some holiday spirit.

COLOR















Coloring has long been considered a therapeutic activity suitable for the young and old. Colouring evokes feelings of peace, enjoyment and satisfaction. Revisiting this much loved childhood pastime is well worth the effort.














PROGRAM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Pancake Breakfast 1st Sunday of Every Month 10:00 - Noon \$8.00</p> 	<p>Yoga 9:00 - 10:30</p> <p><i>do yoga and enjoy life</i></p>	<p>Pickleball 8:00 - 10:30</p> <p>EPL Armchair Travel 10:00 - 11:00</p> <p>Fun & Fitness 11:00 - 12:00</p> <p>Wellness Info Session - Last Tuesday of the Month 10:00 - 11:00</p>	<p>Fit For Life 9:30 - 10:30</p> 	<p>Pickleball 9:00 - 11:30</p> <p>Quilting 10:00 - 12:00</p> 	<p>Fit For Life 9:30 - 10:30 (Some early starts may be required.)</p> 	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Euchre 1:00 - 3:00</p> <p>Floor Shuffleboard 1:00 - 3:00</p> <p>Wool Crafters 1:00 - 3:00</p> 	<p>Bingo 1:00 - 3:00</p> <p>Canasta 1:00 - 3:00</p> 	<p>Jam Session 1:00 - 3:30</p> <p>Whist 1:00 - 3:00</p> <p>Wool Crafters 1:00 - 3:00</p> <p>Bocce 1:00 - 3:00 (Weather Permitting)</p>	<p>Cribbage 1:00 - 3:00</p> <p>Floor Curling 1:00 - 3:00</p> <p>Rag Bag Crafters 1:00 - 3:00</p> <p>Drama Club 3:30 (When Required)</p>	<p>Shuffleboard 1:00 - 3:00</p> <p>Birthday Party 1:30 - 3:30 1st Friday of Every Month Birthday - \$2 Member - \$3 Non Mem - \$5</p> 	<p>Cribbage 2nd Saturday of Every Month 1:00 - 4:00 \$5.00</p> 
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Drop In Fee* \$2.00 for Members \$5.00 for Non Members</p>		<p>Floor Curling 7:00 - 9:00</p>	<p>Cribbage 7:00 - 9:00</p> 		<p>Cultural Pot Luck/Games 5:30 3rd Friday of Every month With A Dish - \$2 Without - \$5</p> 	

SPECIAL EVENTS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 4 Pancake Breakfast 10:00 - Noon \$8.00 	December 5 Creative Cards - 1:00  December 12 BOARD MEETING 9:30	December 6 Wellness Info Session-9:45  December 13 Foot Clinic 9:00 			December 2 Birthday Party 1:30  December 9 Christmas Dinner - 5:00 	December 10  1:00 - \$5.00
December 11 11:00  MASTERS	December 19  RIVER CREE RESORT AND CASINO ENOCH, ALBERTA 10:30	December 13  epl.ca Armchair Travels 9:45			December 16 it's Game night Hang Out + Eat + Play 5:30	
December 25 	December 26 Office Closed 	December 27 Office Closed 			December 30 New Year Lunch - Noon 	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 8 Pancake Breakfast 10:00 - Noon \$8.00 	January 9  BOARD MEETING 9:30 January 16 Creative Card 1:00 - 3:30 	January 10 Wellness Info Session-9:45  January 10 Foot Clinic 9:00 			January 6 Birthday Party 1:30  HAPPY BIRTHDAY	January 14  CRIBBAGE 12:30 - \$5.00
January 15  CO-OP CANADIAN OPEN	January 23  RIVER CREE RESORT AND CASINO ENOCH, ALBERTA 10:30	January 10 Wellness Info Session-9:45 			January 27 Lunch & Show Noon 	
		January 31 Wellness Info Session-9:45 